

## pRide IN PERFORMANCE

### THE STEVE N. PICILLO COMMUNITY CENTER: A Very Special Place.

By Larry Grimaldi

RI Department of Elderly Affairs

The Steve N. Picillo Center in North Providence may be the state's best kept secret. The Center, a division of the John E. Fogarty Center, unveiled its new facility on Volturno Street last fall. Visitors to the Center are treated to a tour of its bright, spacious child and adult day care centers, community rooms, mealsite for elderly clients, whirlpool spa for physical therapy, and health and personal hygiene clinic. What really makes the Center unique however, is the compassionate attitude of its staff.

"Our clients are special people," declared Executive Director Ted Polak. "We are the only Center of its type in the state that serves developmentally-disabled older adults," he declared with obvious pride.

"As a society, we've done a good job of providing retirement options for abled-bodied adults. They travel, volunteer, or even work if they want to," Polak observed. "Our handicapped and developmentally-disabled adults don't have these choices. We provide them with productive programs to improve their quality of life," he continued.

The Picillo Community Center actually houses two innovative programs. The Alphabet Soup Child Care Center offers a wide range of educational and recreational programs for children ages three to five. The program serves 32 children (its maximum) and has a waiting list of 15.

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## A MESSAGE FROM THE GOVERNOR



State of Rhode Island and Providence Plantations  
EXECUTIVE CHAMBER, PROVIDENCE

Edward D. DiPrete  
Governor



Rhode Island has entered the dawn of a new era, the decade of the 1990's. As I said recently in my State of the State message, we all share a vision for the Rhode Island of the future. We see a place where our young grow up free from drugs; with educational programs second to none; a clean, healthy environment; a prosperous economy with plentiful jobs; and a retirement filled with comfort and security.

A major portion of our success to date is the hard work and dedication of our state employees. But good government can continue only if we keep working cooperatively to maintain our remarkable progress.

I firmly believe that we can meet the challenges of the 1990's if we, as state employees, manage responsibly and cost-effectively to continue making our state even better and stronger. Good state government can continue only as we work cooperatively to maintain our remarkable progress.

Sincerely,

*Edward D. DiPrete*

Edward D. DiPrete  
Governor

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## Community Center

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The senior program provides day activities for aging clients who need an alternative to vocational programs that are available at Fogarty. The senior program serves 29 adults, ages 46 to 77. A staff of 12, including a case manager, registered nurse, and recreational coordinator oversees each program.

The senior program at Picillo is divided into four projects. The mealsite is operated in conjunction with Senior Inn, Inc. of Pawtucket, and is open to all area seniors and handicapped persons.

The recreational part of the program includes activities such as light exercise, bowling, and occasional swimming trips to Providence College or the Pawtucket Boys Club.

Leisure activities often include crafts or game-playing and instructions on personal hygiene and grooming.

Community exposure treats clients to field trips to the train station, Newport, Brown University or apple and strawberry picking, as well as many other choices.

For many of Picillo's clients, these experiences provide a valuable link to every-day life. Many live in group homes, subsidized housing, or sheltered care facilities. "For many years, these people were institutionalized or closeted from public view. We don't want to put them back into that closet," declared Al Shurtleff, program director for Picillo.

The unique setting of the Picillo Center presents unusual opportunities for intergenerational interaction. This interaction takes place not only among young and old, but also between handicapped and non-handicapped people.

Frequently, under the supervision of the child care center teacher, Picillo's older adults spend time with the children. Elders help settle down the children for their naps or play games with them. Many times, the seniors lend a hand with special events such as the Christmas party or Easter egg hunt.

A typical day at the Picillo Center begins at 8:30 a.m. when the vans begin rolling in with clients. After breakfast, clients participate in recreational or leisure programs until the Senior Inn lunch is served at noon. Afternoon activities or physical therapy continue until clients begin returning home at 3:15 p.m.

While the Picillo Center concentrates on meeting the needs of developmentally-disabled older adults and pre-school children, the staff also casts an eye towards community service. The Center

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The Steve N. Picillo Community Center, 2 Valturano St., North Providence



**We're looking for a few good students to work in the best engineering firm in the State of Rhode Island.**

**Interested?**

Depending on your availability, appointments will begin in early May and continue to mid September, for approximately 14-20 weeks. The stipend will be \$360 weekly. Assignments are available Statewide. To apply, please send a letter of interest detailing your personal, educational and work experience, a copy of your academic transcripts and a statement of your engineering career plans to:

Summer Student Engineering Program  
c/o R.I. Department of Transportation  
Office of Employee Relations  
Rm. 214, State Office Building  
Providence, Rhode Island 02903

Application deadline is April 20, 1998. A panel of Department Professional Engineers will screen the applicants. Those selected will be notified in late April.

**Work with the best... Rhode Island Department of Transportation**

**RIDOT**

Edward B. DiPrete, Governor      Matthew J. Gill Jr., Director

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## pRide

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## GOVERNOR ANNOUNCES IMPLEMENTATION OF STATEWIDE SUBSTANCE ABUSE PLAN

At a recent State House news conference, Governor Edward D. DiPrete announced the implementation phase of his Statewide Substance Abuse Plan and outlined his omnibus drug legislation package, which encompasses 28 bills the minority leadership has submitted to the General Assembly. The Governor also publicized a statewide hotline — 1-800-24-DRUGS or \* 24 for mobile service — for citizens to anonymously report tips of drug crimes to the State Police, who will refer this information to local police departments. In addition, Governor DiPrete signed two Executive Orders, as well as several letters to department directors and others, implementing his Statewide Substance Abuse Plan. Drug program director Bob Rice will oversee the prompt implementation of the statewide plan.

Governor DiPrete said, "In my State of the State message, I set a goal: Making Rhode Island the first state in the nation to prevail over substance abuse. This plan, with the legislative initiatives, establishes the mechanism necessary to achieve this ambitious goal."

When unveiling his drug plan on January 9, the Governor called it "the finest, most comprehensive, statewide substance abuse proposal anywhere in the country." The two-year program consists of 78 proposals addressing prevention/education, treatment, and enforcement. Financing for the \$4.9 million plan relies on federal funds, state surcharges on moving vehicle violations, and voluntary checkoffs on state income tax forms.

Included in the legislative package are bills which will:

- speed siting of treatment facilities by exempting such facilities from local zoning laws;
- intensify detoxification services for pregnant women and women with children;
- encourage citizen involvement by establishing a checkoff on state income tax forms allowing taxpayers to contribute to the war on drugs;
- raise money for the drug program by increasing fines for moving vehicle violations; and
- crackdown on recreational drug users by instituting heavy fines and community service.

Also at the news conference, Governor DiPrete publicized a new hotline — 1-800-24-DRUGS — for citizens to phone, anonymously, tips on drug crimes to the State Police. The hotline can also be used for reporting drunk drivers.

In addition, the Governor announced the establishment of a toll-free hotline — \* 24 — for mobile telephones, made possible through the generosity of NYNEX Mobile and Metromobile phone companies.

Governor DiPrete also announced that "The Problem of Drugs in the Community" is the theme of the fifth annual New England Conference on Current School Issues, which will be held this year in Rhode Island. The Governor is co-sponsoring the conference, along with the other New England governors, the U.S. departments of Justice, Education, Labor, Health and Human Services, the National Alliance of Business, and the R.I. Department of Education. The event is scheduled for March 19-21 in Newport.

Governor DiPrete also noted that efforts continue to form a statewide Private Sector Coalition to generate broad community participation in the campaign against drug and alcohol abuse.



## FROM THE OFFICE OF THE GOVERNOR

### Executive Orders

No.	Date	Subject
89-26	11-22-89	Provides for the re-organization of environmental management activities of state government. Directs the Environmental Quality Commission to hold public hearings on recommendations contained in its Interim Report, and directs the Commission to prepare legislation to implement the reorganization. It creates a transition team to oversee the implementation of the reorganization, and it directs the Department of Environmental Management, the Department of Health, the Coastal Resources Management Council, and the Water Resources Board to cooperate with the transition team.
89-27	12-20-89	Provides authority for the merger of the Governor's Office of Intergovernmental Relations and the Governor's Office of Energy Assistance into one office to be known as the Governor's Office of Housing, Energy and Intergovernmental Relations.
90-1	1-5-90	Prohibits travel and conference expenses for most of State Government without prior approval.
90-2	1-23-90	Rescinds Executive Order No. 89-22 dated September 19, 1989, entitled, "Support Services for Commissions Related to Individuals with Disabilities."
90-3	2-12-90	Outlines the Governor's Campaign Against Substance Abuse.
90-4	2-12-90	Establishes a Drug-Free Workplace Commission to develop the guiding principles for a Drug-Free Workplace Act for all public and private employees in the state.

For more information or copies of Executive Orders, contact the Office of the Governor's Legal Counsel, Room 320, State House — 277-2080.

## Community Center

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is looking to schedule events such as blood pressure and cholesterol screenings which will be available to all seniors in the area. In addition, the Center will serve as a host site for the "Speak Out '90" public forum on the issues of aging. "Speak Out '90" is scheduled for May 12.

"We are trying to educate and inform able-bodied people that developmentally-disabled seniors are no different from them. We all have the same need for companionship and human contact with another person," Shurtleff observed. "That's why we're looking for more community involvement," he said.

Polak echoes that sentiment. "We know that handicapped and non-handicapped people can live, work, and play together," he affirmed. "All I ask is that people make the effort to get involved. Stop by and take a look at us — we'll grow on you!"

(Editor's Note: The Steve N. Picillo Center is located at 2 Volturmo Street in North Providence. For more information on their programs and services, call 723-7730.)





## COMMUNICATIONS

Fee

**Assertiveness Training** (18 hours, ½ credit) 6 Thursdays beginning May 24; 9:00 - 12 Noon. Instructor: Nancy Lee Devane, M.A. .... **\$69**

**Effective Writing** (15 hours, ½ credit) 5 Fridays beginning March 19; 9:00 - 12 Noon ..... **\$75**

## COMPUTERS

**Intro to Word Processing** (15 hours, ½ credit) 5 consecutive Tuesdays beginning April 24; 9:00 - 12 Noon. Instructors: Dr. James Davis and Tina Rosa ..... **\$96**

**Intermediate Lotus** (15 hours, ½ credit) Two courses will be offered beginning March 8; and beginning April 26; 9:00 - 12 Noon. Instructor: James Kenny, Ph.D ..... **\$97**

## FUNCTIONING IN STATE GOVERNMENT

**Specialized Records Management**. Tuesday, March 20 OR Tuesday, April 24; 9:00 - 4:00 p.m. Instructor: Albin Wagner, M.A.C.R.M. .... **\$15**

**Policy Analysis and Program Design** (18 hours, ½ credit) beginning May 18. Instructors: Several..... **Fee to be set.**

## MANAGEMENT/SUPERVISORY

**Women & Management: Basic Management Skills** (18 hours, ½ credit) 6 Fridays beginning April 27; 9:00 - 12 Noon. Instructor: Diane Disney ..... **\$75**

**What Supervisors Need to Know About Discrimination**. Thursday, June 21; 8:30 - 4:00 p.m. Instructors: Geraldine Iadevaia and Paul Holbrook ..... **\$15**

**Labor Relations Issues for Supervisors**. Wednesday, May 9; 8:30 - 4:00 p.m. (luncheon included). Instructors: Walter McGarry and John Turano, J.D. .... **\$40**

**Supervisory and Management Skills** (18 hours, ½ credit) beginning March 21; 8:30 - 4:00 p.m. (luncheon included). Instructor: Scott Mueller, M.S.W. .... **\$110**

**Ethical and Liability Issues for Supervisors in State Government**. Tuesday, March 20; 8:30 - 4:00 p.m. (luncheon included). Instructor: Frederic Reamer, Ph.D..... **\$40**

**Managing Employee Performance** (18 hours, ½ credit) beginning April 25; 8:30 - 4:00 p.m. (luncheon included). Instructors: Scott Mueller, M.S.W., Walter McGarry, John Turano, J.D., and John Boulmetis, Ph.D..... **\$110**

**Using Power Productively**. Monday, March 5; 8:30 - 4:00 p.m. (luncheon included). Instructor: Pnina Tobin, M.P.A. .... **\$40**

**Using the Employee Assistance Program**. Tuesday, April 10; 1:00 - 4:00 p.m. Instructor: Judith Hoffman ..... **\$5**

**Effective Time Management Strategies**. Wednesday, May 16; 8:30 - 12 Noon. Instructor: Susan Jacobs Reidy ..... **\$15**

## SELF DEVELOPMENT

Fee

**Stress Management** (24 hours, 1 credit) beginning April 2; 9:00 - 12 Noon. Instructor: Sylvia Weber, M.S., R.N.C.S. ....

## SECRETARIAL/CLERICAL

**Self Assessment Techniques for Job Development** (15 hours, ½ credit) (formerly: Self-Evaluation on the Job) (clerical only) 5 Wednesdays beginning April 4; 9:00 - 12 Noon. Instructor: Dorothy Zimmering, M.Ed. .... **\$69**

## TRAINERS' INSTITUTE

**Audio Visual Review**. Session 1: General Use and Care of Equipment; Wednesday, March 28; 9:00 - 12 Noon OR Session 2: Video Tape Recorders and Cameras; Wednesday April 4; 9:00 - 12 Noon. Instructor: Michael Hughes ..... **per session \$5**

**Marketing**. Tuesday, March 27; 8:30 - 4:00 p.m. (luncheon included). Instructor: Eugene Johnson, Ph.D..... **\$40**

## Other Courses Being Planned ...

- Introduction to Macintosh System
- Macintosh Desktop Publishing
- Graphics
- State Budgeting Process
- Effective Writing
- Secrets of Secretarial Success
- Making Presentations

For more information on courses being offered and other training opportunities call 277-2877.



## CREDIT UNION BRANCH TO RELOCATE

The R.I. State Employees Credit Union (SECU) is relocating its Cranston branch office from the Medical Center to 570 Pontiac Avenue.

"SECU has for several years, enjoyed an outstanding working relationship with the Department of Mental Health, Retardation and Hospitals and with the State of Rhode Island," said Sandra Mooradian, spokesperson for the credit union. "Now, however, we have outgrown our quarters at the Medical Center."

The new larger facility offers full service banking with these added new features:

- An Expanded Teller Line
- Additional Staff Personnel
- On-Site ATM
- Night Depository Service

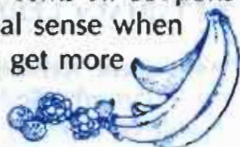
Grand Opening Ceremonies are scheduled for May, and Mooradian is inviting everyone to "Come visit our new office and meet our friendly staff!"



# Supermarket Sense: Balancing Your Diet and Your Budget

*(Editor's Note: The following article was provided by the Good Health Benefit.)*

Have weekly food specials and cents-off coupons overpowered your good nutritional sense when grocery shopping? Here's how to get more nutrition for your dollar.

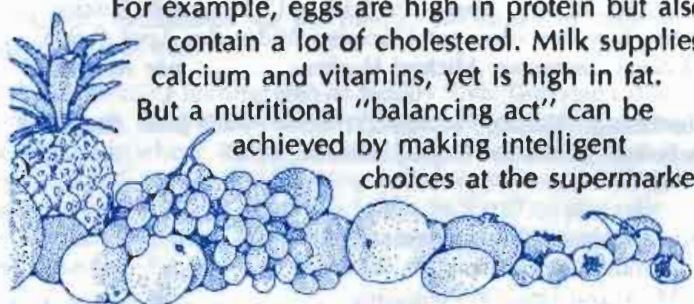


## Keep It Varied

Variety is essential to a balanced diet. No food gives *all* the nutrients needed for healthy living. In fact, most foods trade nutritional pluses and minuses.

For example, eggs are high in protein but also contain a lot of cholesterol. Milk supplies calcium and vitamins, yet is high in fat.

But a nutritional "balancing act" can be achieved by making intelligent choices at the supermarket.



## Stick to the List

Shopping with a prepared list has nutritional as well as economic rewards. When compiling the list at home, you tend to include only items needed to prepare meals. Once in the supermarket, slick packaging and merchandising techniques tempt you to make unnecessary purchases of high calorie/low nutrition foods like cookies, dressings and snacks.

## Dairy Case Dilemmas

Dairy products often confuse shoppers. Skim milk is just as nutritious as whole milk, plus most of the fat is removed. Low-fat versions offer reduced fat and cholesterol content while retaining calcium and vitamin D.



## Breads and Butters

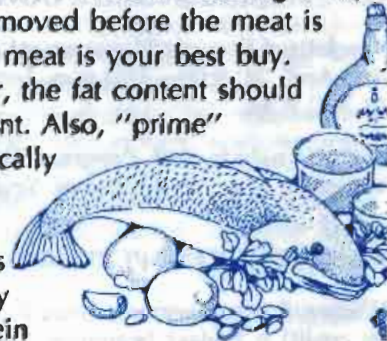
When deciding between butter and margarine, remember butter's saturated fats, derived from animal fat, are known to promote cholesterol. Margarine's base is polyunsaturated fat taken from plant oils. When cooking, use corn or safflower oil instead of butter, lard or shortening.

At the bread counter, avoid unhealthy processed flour in white bread by opting for whole wheat or grain loaves (the same is true when buying rice). "Butter-topped", "honey-touched" or raisin breads contain unnecessary fats and sugars. But don't pass on enriched breads for fear of extra calories. "Enriched" products offer added nutrients with few additional calories.

## Meaty Decisions

Moving over to the butcher case, be aware that price-per-ounce breakdowns can be misleading if fat, skin and bones aren't removed before the meat is weighed. Lean, trimmed meat is your best buy. When buying hamburger, the fat content should not exceed twenty percent. Also, "prime" and "choice" meats typically contain more fat than "standard" grades.

How about alternatives to beef and pork? Poultry and fish supply the protein and iron found in red meats, but with less fat. This advantage is reduced if the chicken or fish is breaded, coated with butter or fried.



## Beware of Fruits or Veggies

Fresh fruits and vegetables are great vitamin sources. A word of caution, though; produce preserved in cans often is swimming in salt or sweet syrup. And the cheese sauce and pasta shells accompanying some frozen veggies are hidden sources of calories and fat. Fresh produce is best because nutrients are affected by processing.

Remember, once you get the nutritionally-balanced groceries home, don't lessen the nutritional value by overcooking. Don't let meats get too "well done" and remember to bring the water to a boil before dropping in the frozen vegetables.



Good luck in the grocery game!

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